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The Winonan

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News for a campus community

WINONAN

Wednesday, Feb. 4, 2009

Volume 87 Issue 14

Travel Study to bring students to Eastern Europe

By Caitlin Johnson
Winonan

Every year, Winona State University offers different travel study programs as an opportunity to allow students to learn in an environment outside of their classroom and to gain travel experience.

This year, two history professors, Kurt Hohenstein

and Matthew Lungerhausen, have teamed up to take students to Eastern Europe for a chance to learn more about democracy.

The travel study, known as the Democracy World Tour, will take students to Bratislava, Slovakia; Vienna, Austria; and Prague in the Czech Republic.

The program will last from May 9 to May 30 and is worth six credits. The credits

will count toward Western Civilization 122 or History 328.

The students will be given the opportunity to see how democracy works in other countries.

An initial meeting was held on Monday, Jan. 26 to figure out the interest level in the program.

Hohenstein, the professor who designed the program, is

interested in democracy as an institution.

"Wouldn't it be great to have students look at democracy outside our country?" said Hohenstein.

He asked Lungerhausen to join him in planning the trip because he said that Lungerhausen knows more about European history than he does.

Lungerhausen spent a semester studying abroad in Hungary during college and received his Ph.D. in Modern Europe from the University of Minnesota.

Hohenstein traveled to the selected countries last summer to help with the planning of the program.

See TRAVEL, page 4



Photo by Nick Furlong/Winonan

Bryce Wilkinson teaches a group of students T'ai Chi on Jan. 26 as part of a Mindful Monday workshop in Kryzsko Commons. The next workshop, Mindful Eating, will take place Feb. 9.

Mindful Mondays to bring awareness

By Courtney Zinter
Winonan

With the goal of increasing health awareness and encouraging students to take care of themselves, Winona State University health educators continue to plan events for Healthy Mondays with a special series for spring semester.

The new series of workshops is based on mindfulness, which health educator Kelli McClintick said she thinks is a very important thing to learn. McClintick added that thinking about health is important and something she hopes students do with the help of the workshop in the Mindful

Mondays series.

"Our goal is to get people to think about their health every week," McClintick said, "and since Monday is the beginning of each week, we hope that people will take some time to take care of themselves."

Seven students attended the first Healthy Monday event of spring semester Mindful Movement took place Monday, Jan. 26 at 7 p.m. in Purple Room 105.

The Mindful Monday workshop introduced the basics of T'ai Chi and a background of the benefits of it.

Stephanie Goodno, a sophomore at Winona State,

See MINDFUL, page 5

Mass Comm
career workshop

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Wednesday, Feb. 4, 2009

Mass Comm dept. hosts annual career workshop

By Tim Brennan
Winonan

As the United States economic recession continues, many college students may be wondering what skills they will need to acquire stable jobs in an increasingly competitive business world.

Winona State University's Mass Communication department hosted their fourth annual career workshop on Monday, Jan. 26 to give students a chance to hear employment advice from professional guest speakers.

The panel of guest speakers included Amy Every, Mayo Clinic Public Relations; Angie Haas, Oktoberfest Public

Relations; Laramie McClurg, WXOW Production Director; Debbie Brague, Magic 105 Radio Personality and Mitch Moths, WXOW-TV Production Manager. After the panelists introduced themselves and talked about their occupations, the workshop began with students and professors asking the panel questions.

The most frequently asked questions regarded skills and knowledge graduates would need outside of their college education to obtain stable jobs in a struggling economy.

Mitch Moths, a production manager of 25 years, said, "In this economy, with all the



Photo by Nick Furlong/Winonan

From left, Angie Haas, Amy Every, Debbi Brague and Laramie McClurg answer questions during the Mass Communication career workshop.

See PANEL, page 5

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the Lower Hyphen of Kryzsko Commons

Library changes made due to budget cuts

By Rachel Smith
Winonan

With the recent "unallotments" enacted by Minnesota Governor Tim Pawlenty, Winona State University departments like the campus library are making changes.

One of the most significant changes has been the freezing of the access services technician position, which was concerned with matters of the circulation desk. The position had been vacated and no new staff member had been hired as a replacement.

This position freeze essentially means the library

could contribute a full-year's salary toward the budgeting.

The total value of positions frozen so far at Winona State is about \$495,000.

Mackenzie Morning, as a result of the position freeze, has adopted many of the responsibilities of the access services technician.

She added that the responsibilities have been evenly distributed in such an efficient way that although there are funds to hire an additional student worker at the library, there isn't a need.

Dean of the library Thomas Bremer said any changes the library faces will most likely

See LIBRARY, page 5



Photo by Nick Furlong/Winonan
Nathan Wardinski, the evening supervisor at the information/technology desk, checks a printer Sunday at the Krueger Library.

Free autographs!

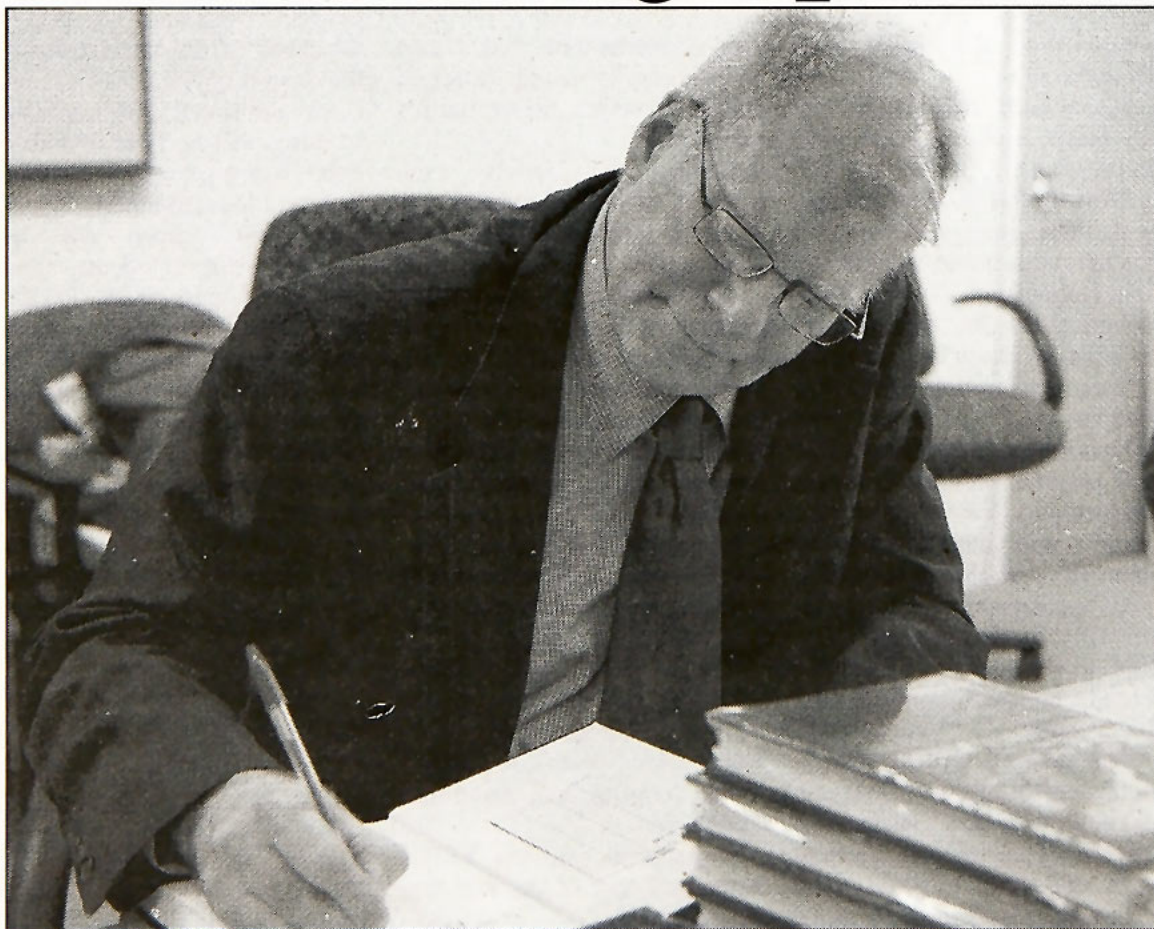


Photo by Fred Schulze/Winonan

Peter Henderson, a Winona State University History professor, signs a copy of his book "Gabriel García Moreno and Conservative State Formation in the Andes," Thursday at the Krueger Library.

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Photo by Katherine Chickey/Winonan

UPAC members Leigha Anderson, left, and Allie Farnham, right, help answer questions from Yi-Han Huang about their upcoming events during their office hours. Since last semester, UPAC membership has increased at least 100 to 125 percent.

UPAC booms with more members, more events

By Vincent Dumas
Winonan

The University Programming Activities Committee, UPAC, headed by Senior Rachel Czech and Advisor Joe Reed, has made a powerful comeback this year.

Whether it's been the outstanding attendance at the Winona 7 Theater or the full auditoriums to watch performers, students are flocking to new UPAC events.

Not only are more students attending the events and performances provided by UPAC, Czech said that since last semester, UPAC membership has increased at least 100 to 125 percent.

Furthermore, UPAC's events

have escaped the confines of the Winona State campus, hosting events at the Winona 7 Theater and Westgate Bowling.

These newest additions have proved extremely successful as emphasized by more than 700 students who went to Movie Night at the Winona 7.

Behind the growth in activities is the UPAC team.

"Good things happen when you have good people," said Reed.

Undoubtedly, UPAC has been trying new methods and ways of doing things all year.

Beginning fall 2008, UPAC moved offices to the Lower Hyphen in Kryzsko Commons, which gave the group the space

See UPAC, page 6

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TRAVEL

His first destination was Bratislava.

He arrived there very late at night and said he was impressed.

"I'm in this strange country with these strange people and it's late. But it was delightful," said Hohenstein.

The plans for the trip are to start in Bratislava, then to Vienna and ending the trip in Prague.

Hohenstein said the students will spend a week in Bratislava experiencing the culture, the people and their system of democracy at each destination.

"It is an inexpensive, beautiful town," said Hohenstein. "The first place I went there was Freud's house, Sigmund Freud. It was great."

The students will be staying in hostels during their travels.

They will use Ryan Air, buses, and the hydrofoil, a boat with wing-like foils mounted on to increase speed, to move between the countries.

Lungerhausen has also traveled through the area and

told students that bus travel in Europe is much different than in America, being that it's much nicer.

During the travels, each student will be required to keep a journal about their experience.

"Prague is one of the last medieval city cores. It is really great. There is not much like it in Western or Eastern Europe," Lungerhausen said.

"It's hard to describe the beauty of Prague," said Hohenstein.

Nicolette Schossow, from the Winona State Travel Study Office, said the total cost of the trip will be \$4,325.12.

Tuition and fees will be \$1,266.12 and student expenses will be \$3,059. This money will cover costs of airfare, food, lodging and insurance and more.

Hohenstein said the \$3,059 estimated cost of the trip may be decreasing.

Plane fare was originally \$1,500 when the budget was calculated. When he checked

the costs of tickets last week, they had dropped.

An additional informational meeting will be held Monday, Feb. 16 at 6 p.m. in the Minné Second Floor Lounge.

A \$500 deposit will be required for students that choose to participate in the travel study program to hold their place on the trip.

"I never felt unsafe when traveling in Eastern Europe," said Hohenstein. "I know you have parents that want to know about that."



Contributed Photo

A bridge in Bratislava, Slovakia built during the Soviet control of the country is called the UFO bridge by locals. This year, two history professors will take students to Eastern Europe.

Contact Caitlin at
CJJohnso0122@winona.edu

MINDFUL

Continued from page 1

she attended the workshop to try something new with her roommate and learn about T'ai Chi.

"My roommate told me about it and I thought I'd try something new," Goodno said. "My mom used to be really into T'ai Chi

and I really knew nothing about it so I thought I'd see what all the fuss was about."

Contact Courtney at
CLZinter8738@winona.edu

Camp, Internship and Volunteer Fair at WSU

Winona State University will host a camp, internship and volunteer fair from 11:30 a.m. to 3:30 p.m. Thursday, Feb. 5 in the Student Union of Kryzsko Commons.

Working at a camp gives students the opportunity to enhance their transferable skills in communications, problem solving, leadership and event planning.

For students interested in teaching, counseling, outdoor education, sports marketing, or many other career fields, working at a camp can be an invaluable experience to have on a resume.

Students can talk to representatives about their organization for information

about internships, summer jobs or volunteer opportunities.

A list of representatives who will attend the camp, internship and volunteer fair are available to view on the career services website.

The camps, internship and volunteer opportunities are located all throughout the Midwest.

Those interested should have a list of resumes ready to hand-out to potential employers.

To set up an appointment with career services, e-mail career services at career@winona.edu.

LIBRARY

Continued from page 3

be unnoticed by students and university faculty.

"We haven't really adjusted our services. We continue everything we're doing and readjusting personnel."

The library staff will put maintaining operational services as the highest priority.

These services include the interlibrary loan system, the reference desk services, and liaison services that allow librarians to work with Winona State faculty.

Other services such as inter-library classes will also continue.

"A lot of our activities will ebb and flow," Bremer said.

"We know some pockets there that we've held off not spending."

To address rumors that budget cuts may possibly mean the end of free student printing in the library, Bremer said students shouldn't be concerned.

"As far as the budget goes, we haven't looked at cutting free printing as an option," he said. "Our attempt is to continue to offer the very best service we can and that students and faculty don't notice any decreased service."

Librarian worker and senior Elizabeth Adams also said she hasn't observed much of a change as a result of the

"unallotments."

"The biggest thing is if you had a question you have to go through more people to get an answer, but it's really not that big of a hassle at all," she said.

The less important services include shelf reading or making sure the books are in the proper order.

Bremer said that though these more simple services are important, they would get pushed in order of preference.

Contact Rachel at
RDSmith5697@winona.edu

WSU Lyceum Series Hosts Jerry Lembcke

Winona State University's Lyceum Series will present "Spat-Up: Veterans, Abandoned POWs and Hanoi Jane: Vietnam and the Making of America's Great Betrayal Narrative" by author and professor Jerry Lembcke from 7 to 9:30 p.m. Thursday, Feb. 5, in 103 Stark Hall.

Lembcke will talk about how the images of spat-upon

veterans, POWs forgotten and treasonous women traveling to the enemy are the perfecting myths through which America remembers how the war in Vietnam was lost.

Lembcke has written numerous books on Vietnam and labor unions, including "The Spitting Image: Myth, Memory and the Legacy of Vietnam," "CNN's Tailwind

Tale: Inside Vietnam's Last Great Myth" and "One Union in Wood."

In 1968, Lembcke was drafted into the Army. He served as a chaplain's assistant before returning home and joining the anti-war movement. He is now a professor of sociology and anthropology at the College of the Holy Cross in Worcester, Mass.

PANEL

Continued from page 3

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layoffs, you will need to be prepared mentally. You will be lucky if you find a job in your first few interviews. Don't give up. Finding a job is often being in the right place at the right time."

Members from the panel said anyone looking to be hired in the future should be able to accomplish several different tasks, rather than specializing in only one field of study.

"Diversify your skills. The more you know in this economy, the better," Laramie McClurg said.

Some Mass Communication students attending the workshop were optimistic about their career fields in the future.

"I am really confident going

into my field because it gives me a basis to do so many other things," Sophomore Public Relations major, Sammi Hird said.

Others felt uncertain about entering the workforce during a recession.

"I am on the fence about how I feel about the current economic situation," Senior Marketing major Chris Larsens said.

Another topic at the workshop regarded what students should add to their résumés to greater their chances of being hired. The panel said that volunteer work and activeness with schools and communities are positive to see on résumés.

"Don't be scared to do volunteer work," Angie Haas

said. "Do as much internship as you can because it will build your résumé and before you know it someone may higher you on the spot."

Being articulate, mature, and reliable were three other characteristics the panel mentioned as important for acquiring a job. The panel also said communication and writing skills were vital to almost anyone seeking a career in a competitive business world.

"I will hire a person based on attitude before experience, if I think I will work with that person better," Mitch Moths said.

Contact Tim at
TIJBrennan07@winona.edu

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UPAC

Continued from page 4

and attention they needed.

Now, front and center, their office is frequented for reserving spots or buying tickets to the latest activity, as well as industrious members thinking up new ideas.

"We try to hold at least one event a week," said Special Events chair Mallory Sanzeri.

These events range from the simple to complex, from a host of movie showings in Somsen auditorium, as well as setting up comedic performances months in advance.

Regardless of what the event is, advertising has become an integral piece of the puzzle.

Utilizing technology such as Facebook and the WSU Updates, UPAC has been able to get the word out more effectively.

"It's just more visible," said freshman Dan Opheim.

"Everyone's more aware of what's going on."

More recently, technology has been used to announce who will perform at the spring concert.

Via Facebook, it was announced that alternative-rock bands The Red Jumpsuit Apparatus and Secondhand Serenade will be this year's performers at the spring concert Friday, April 3 in McGown Gymnasium.

Tickets will go on sale beginning Monday, March 16 in the UPAC office.

After last year's misunderstanding regarding rap artist Akon's supposed performance for the spring concert, UPAC members will be working carefully to avoid another sticky situation.

The publicity provided by technological progress has

been in part responsible for the increased number of events.

But a new budget and new policies have helped to make UPAC's success fiscally possible.

Formerly, UPAC would pay for all the events provided to the first-year students during orientation out of pocket, which would suck as much as fifteen percent out of their yearly budget, in the first week.

What changed for the 2008-2009 school year is that additional orientation week expenses have been attached to their budget giving them more money to spend throughout the year.

And, next year's money crunch won't affect UPAC's ability to put on more shows; the group's budget is tied to student enrollment, which is up.

While some students speculate on how much money UPAC makes at their popular activities, they are actually losing money at said events.

With such leadership, increased attendance and the many new innovations this

year, no one knows what UPAC brings to the Winona State campus next.

As Czech put it, "We make a difference on campus."

Contact Vincent at VDumas08@winona.edu

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Gamehaven Council, BSA

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Green Lake Lutheran Ministries

Lake Wapogasset Lutheran Bible Camp

LearningWorks at Blake: A Breakthrough Program

Luther Park Bible Camp

Luther Point Bible Camp

Minnesota Amateur Sports Commission

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Minnesota Reading Corps/AmeriCorps

Noah's Ark WaterPark, Inc.

Northern Tier National High Adventure-BSA

Penny Fellowship

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Reserve Officer Training Corps (ROTC)

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Winona Senior Friendship Center

Winona State University-Camp & Conference Services

Winona Volunteer Services

Wisconsin Badger Camp

YMCA Camp Pepin

What's happening at WSU...

Wednesday

WSU Hosts Reporter from Minnesota Public Radio

PLACE: Student Activities Center, Kryzsko Commons

TIME: 10:30 a.m. to noon

CONTACT: Call Andrea Mikkelsen at 507-457-5024 or e-mail AMikkelsen@winona.edu

Athenaeum Series Presents "The First African-American Poet"

PLACE: Second floor, Krueger Library

TIME: 1 p.m.

CONTACT: Call Kendall Larson at 507-457-5367, Joe Mount at 507-457-5147 or visit www.winona.edu/library/athenaeum

Thursday

WSU Lyceum Series will present "Spat Upon Veterans, Abandoned POWS and Hanoi Jane: Vietnam and the Making of America's Great Betrayal Narrative"

PLACE: Stark 103

TIME: 7 to 9:30 p.m.

CONTACT: Call Kathleen Peterson 507-457-2913 or e-mail KPeterson@winona.edu

WSU Study Abroad Hosts Keith Born from International Education Programs

PLACE: Lower Hyphen, Kryzsko Commons

TIME: 11 a.m. to 3 p.m.

CONTACT: E-mail Michelle Huling-Halverson at mhuling@winona.edu

Friday

Dessert Music Theatre: "The Melody Lingers On"

PLACE: Dorothy B. Magnus Open Stage Theatre, Performing Arts Center

TIME: 7 p.m.

CONTACT: Call Marybeth Lenhardt at 507-457-5250

Delta Sigma Pi Recruiting Social

PLACE: Somsen 321

TIME: 7 p.m.

CONTACT: E-mail Crystal Nollen at CNNollen7520@winona.edu

Saturday

WSU Holds Engineering Open House

PLACE: 103 Stark Hall

TIME: 1:30 p.m.

CONTACT: Call Carol O'Laughlin at 507-457-5685 or e-mail COLaughlin@winona.edu

Monday

Healthy Mondays: Mindful and Intuitive Eating

PLACE: Purple Room 105, Kryzsko Commons

TIME: 7 p.m.

CONTACT: Call Kelli McClintick at 507-457-5619 or e-mail kmcclintick@winona.edu

WSU Participates in Minnesota Campus Energy Challenge

PLACE: Winona State Campus

TIME: All day

CONTACT: Visit <http://www.teammn.org/mcec.html>.

Tuesday

Coming Home: Supporting Your Combat Soldier

PLACE: Science Laboratory Center 120

TIME: 7 to 9 p.m.

CONTACT: Call Helen Newell at 507-494-0905

Counseling Center Offers Stress Management Group

PLACE: West Alumni Lounge, Kryzsko Commons

TIME: 7 to 8 p.m.

CONTACT: Call Wayne Theye at 507-457-5330 or e-mail WTheye@winona.edu

Sunday

Dessert Music Theatre: "The Melody Lingers On"

PLACE: Dorothy B. Magnus Open Stage Theatre, Performing Arts Center

TIME: 2 p.m.

CONTACT: Call Marybeth Lenhardt at 507-457-5250

Another gem from Frozen River fest



By Brian Sanders
Winonan

There were many films at the Frozen River Film Festival with really important messages. The most powerful, I thought, was *The Last Nomads*.

The *Last Nomads* told the story of the struggle of the nomadic Penan people in Malaysia against logging interests. The film follows Ian McKenzie as he searches for nomadic people with whom he has become very close over the course of several visits in the last two decades. Throughout this time period, these Penan people have undergone a drastic

change in their lifestyle, with many being forced to settle.

I loved this documentary for many reasons.

First, the nomadic Penan people are just plain awesome. They stand as an admirable culture in many ways. They live a completely sustainable way of life based on the concept of *molong*, never taking more than necessary. Their knowledge of the forest around them is astounding. One scene in the film shows a young Penan man being able to name dozens of different types of plants and their properties within a hundred meter stretch of the forest.

The film was also really depressing in its portrayal of their helpless struggle against the timber industry. The timber industry is crucial to the Malaysian economy, while the nomadic Penan don't contribute anything economically. When that is the case, indigenous

people will almost always be marginalized due to the important of "economic growth". That is exactly what is happening to the nomadic Penan in Sarawak. Of course the government will allow logging to continue when it means more industry.

Finally, the film has some fascinating scenes regarding the struggles between the Penan and the loggers. As the logging has eliminated so much of the high-quality primary forest, some Penan have taken jobs with the logging industry. This is just one example that shows how damaging the logging is. People can no longer support themselves off of the forest, and must take low-wage jobs for money.

There is also footage of direct resistance to the loggers, whether it is by blockading the forest or putting up symbolic warnings not to enter. These were somewhat inspiring, but

only for so long before you realize how ineffective their resistance is.

Ian McKenzie is looking for the last Penan people to still be living as nomadic hunter-gatherers. Time and time again what he comes across is small groups of Penan being forced to settle into permanent homes and start farming—a dramatic transition that completely alters everything about their existence. For many of the older Penan this is an especially emotional issue, as they had regarded farming as an inferior way of life to hunter-gathering.

If anyone wonders why I have such strong convictions regarding the harmfulness of our culture, this film is an excellent primer on exactly what is being demolished in the name of economic progress. People and governments in industrial societies, from Beijing to Winona, are directly responsible for the plight of

groups like this all across the world. It is a repeated story time and time again throughout our civilization's history.

These people are one of the few examples of a group living a sustainable existence on our planet today, and they are being forced into instability by the world's demand for timber. When economists write about economic growth being an engine for democracy, world peace, and environmental justice, I wonder if this is what they have in mind.

We'll be discussing related issues this weekend at Long Weekend: A Neighborly Discussion for a Free Winona. It would be great to have more college students come to some of the discussions. Check out January's Free Winona for details.

Contact Brian at
BPSanders06@winona.edu

The generation shift: Yuppies to gruppies



By Sarah Burgen
Editor-in-Chief

I don't know how many Winonan readers are graduating seniors, but everyone can agree that the job market right now is completely impossible.

The more I talk to my fellow graduates, the more I realize how many of us are going back to live with Mom and/or Dad.

According to the infinite useless knowledge of Fred Schulze, this phenomenon

is known as the "gruppy" phenomenon, named for a breed of fish (is breed the right word? and this is not to be confused with GUPPIE for the record) that stay with their parental units for most of their lives.

This is in contrast from the previous generation of yuppies, who landed high-paying jobs right out of college and never looked back to their childhood homes other than for holidays and/or babysitting.

I have theories as to why this may be the prevalent route for the people who grew up in the 1990s. Perhaps the lifestyle we grew up with in comparison with the lifestyle we grew accustomed to as children is far too different for us to ever be comfortable not within reach of Mom's cooking or Dad's bad

jokes.

In my personal life, I started looking for work at the end of the last school year. I applied a couple places to get my name in the career pool to no avail. Sure, I got a few e-mails back, saying they'd keep me in consideration and let me know when I was closer to graduation.

They didn't. I have heard nothing from a newspaper other than this one and my part-time employer, the Winona Daily News, in months.

So, like any red-blooded 21-year-old American girl, I'm moving back in with my mom and dad post May 8.

The problem with this plan is that I'm not entirely sure what their zip code will be. By the time this issue comes out, I may, but generally, I'm

completely clueless about what to plan.

I'm not the only person I know living up to the expectation of our generation. Many of my friends aren't even looking for work, knowing the bleak economy will just depress them in their searching Monster and the classified section.

My solution to the cash flow problem I'll soon be facing: Work full time at a daycare for a semester, take Praxis exams and reenter school to get my masters in education.

It's pretty depressing, knowing that my lifetime goal of being a journalist is crushed with each drop of the stock market and each layoff at a corporation.

Contact Sarah at
SCBurgen5575@winona.edu

A note about Letters to the Editor

We invite all letter submissions
but will print at our discretion.
Please submit letters to:

Winonan
Kryzsko Commons
Winona State University
Winona, MN 55987

or via e-mail to
winonan@winona.edu.

If sent via e-mail, please put
LETTER TO THE EDITOR
in the subject line.
All letters must be signed,
either by hand or digitally.

Letters to the Editor

Disappointed in lack of MLK coverage

This e-mail is regarding the Winonan newspaper printed last week. I noticed that it was printed for the week starting on Wednesday, Jan. 28, 2009. Martin Luther King Jr.'s nationwide birthday just recently passed.

I believe that his birthday was a very important holiday because of what he did for this nation. I think that we should have acknowledged his birthday in the Winonan even though the newspaper was printed after his birthday.

Without Martin Luther King Jr. and the Civil Rights Movement we would still be lined up for two separate drinking fountains just because of the pigment of our skin.

I would not be able to sit next to my Caucasian friends in class and we would not be sitting next to each other in the cafeteria whether by chance or friendship.

We would not be where we are at today without the amazing work of Martin Luther King Jr. The Inclusion & Diversity office hosted an event speaker for Martin Luther King Jr. who spoke about Martin's book and his powerful message.

I also noticed the Winonan lacked an article about the guest speaker. An article about Roe vs. Wade, the Tobacco-free policy, and of course the Security Incidents are all important issues/events on campus and Martin Luther King Jr.'s nationwide birthday and a guest speaker speaking about his book should definitely be an "important article" included in the Winonan.

The whole nation was at home or elsewhere celebrating or at least resting from schoolwork because of

Martin's willingness to "turn the other cheek" and to die to make a difference in this world that we human beings live in.

One of the many things that this campus lacks is diversity and the knowledge of how important diversity is for our world (I think so).

Forgetting Martin Luther King Jr.'s birthday is like forgetting 9/11, whether one man died or tons of men, women, and children died.

It is a shame that the Winonan lack appreciation of his courageous and beautiful work.

The Winonan should have acknowledged his birthday and what he did for our nation. Thank you for considering my message.

-Ker Lor
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A philosophical approach to the smoking ban

The new tobacco-free policy for campus raises serious questions about personal liberty.

According to the recent article by Tim Brennan ("Tobacco-free policy sends students and faculty off campus to light up," Winonan, Jan. 28, 2009), the policy will be enforced by Campus Security with warnings. Further punishments might include community service or a fine.

Additionally, we are all supposed to "remind" others whom we see smoking that the campus is now smoke-free.

So far as I know, smoking cigarettes (not marijuana) is perfectly legal.

So how does Winona State get off prohibiting a legal activity?

What is the rationale?

The usual justification for prohibiting smoking in certain places (e.g., buildings) is that it threatens the health of other persons—the "second-hand smoke" effect.

But this rationale is wildly implausible as an excuse for prohibiting a person from smoking outside and away from buildings.

An alternative, standard justification is paternalism.

This says that the behavior in question is prohibited for the person's own good.

It is called "paternalism," because the prohibiting authority (here, Winona State) is acting like a parent.

It means Winona State knows what is best for you; you are prohibited from smoking, because smoking is bad for your health.

What's next? Eating junk food is also bad for you. Should that be prohibited too? Smoking may, indeed, be bad for one's health, but whose decision is it?

Winona State is acting like a parent and treating students and faculty like children—as if they cannot decide for themselves whether or not to smoke!

The ideal of a liberal society is that there is a sphere of personal liberty that should not be interfered with by government or other social authorities.

John Stuart Mill, a famous philosopher of liberalism, drew the line at harm to others. If a person's actions harm or directly threaten harm to other people, then it is legitimate for society to consider prohibiting those actions.

But if the person's actions do not threaten harm to others, then they should remain a private matter, within the sphere of personal liberty. The actions are no body's business but the person's own. Smoking outside on campus harms no one but

the person doing the smoking. It's no one else's business — certainly not Winona State's.

By imposing the "smoke-free" policy campus wide, Winona State is treating students like children with its paternalism.

It is also teaching students a brand of anti-liberalism.

We are told that students voted 1,151 to 579 in favor of the smoking ban.

But, where personal liberties are concerned, this is called "tyranny of the majority." How can a university that fancies itself a liberal-arts institution teach such anti-liberalism?

Do I smoke? No, never have.

Sincerely,
Prof. Don E. Scheid
Philosophy Dept.

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David Obray: Soldier of the Year, the ultimate Warrior

By Molly Golden
Winonan

A warrior can be described as a person who shows great vigor, courage or aggressiveness. They are engaged aggressively or energetically in an activity, cause or conflict.

In a contest exclusively designed for warriors, one can only imagine how intense the competition could get.

After competing against 1.1 million soldiers from across the world, Winona State University's own warrior, David Obray, was awarded the honor of Soldier of the Year for 2009.

The competition included eight events within a 10-month period.

Obray is a senior at Winona State and Student Senate president, in addition to being a soldier.

He has served three years with the Army Reserves and has traveled throughout the

United States during that time.

Within the next 12 months, Obray will be deployed to continue his duties.

Since being named Soldier of the Year, Obray's schedule has been filled with interviews, commercials and events like the U.S. Army All-American Bowl.

Men's Health Magazine will be featuring a photograph of Obray working out in Winona State's fitness center in their April edition.

"(Being Soldier of the Year) is more or less like being Miss America of the Army," Obray said. "I get to do all the fun stuff now."

The Soldier of the Year competition tests everything a soldier is expected to excel at, including land navigation, negotiating a hostage situation, day and night marksmanship, battle drills and situational tasks soldiers are faced with every day in combat.

"(The competition) promotes all warriors down to the lowest

level across the Army," Kenneth Preston, Sergeant Major of the Army, said.

Many responsibilities come along with the Soldier of the Year title.

"I'm representing 1.1 million people, so anytime the Army has an engagement, they expect me to come out to it or to represent on behalf of the sacrifices being made by soldiers daily," said Obray.

Obray pushes himself to excel in all areas of life, whether it be class, Student Senate or being a soldier.

"I did a lot of training...I learned a lot more about myself, my limits and how to escape those," said Obray.

In 2004, after losing a brother in a car accident and having his other brother deployed to Afghanistan, Obray wanted to change his life.

"When I was 16, I weighed 300 pounds, and not the good kind," he said. "I was inspired by my brother choosing to deploy and motivated to lose



Contributed Photo

David Obray, a senior at Winona State University and Student Senate president was awarded the honor of Soldier of the Year for 2009. The competition included eight events within a 10-month period. Within the next 12 months he will be deployed to continue his duties.

the weight and join the Army. the Year in the most physical
The success I have had
now being named Soldier of

See OBRAY, page 13

Senate rally to curb tuition increase

By Rebecca Erdmann
Winonan

An old car commercial ended with the slogan "on the road of life, there are passengers and there are drivers," and on the road to higher education, students are the drivers and the state government just cut the breaks.

This is the theory behind a new project for Winona State University's Student Senate that aims to save money at the university.

Due to a lack of state funding, Winona State will have to come up with at least \$4 million in the 2009-2010 academic year.

Student Senate president David Obray said insufficient

funding could have serious ramifications to students' higher education experience.

"We are facing potential cutbacks to programs or faculty, larger class sizes or fewer seats offered in classes," said Obray. "We will get less money but the cost of earning a degree will increase."

Winona State, along with Southeast Technical College, will host "Stop the Crash," a regional event that aims to raise awareness about the current state of Minnesota's economy and how it might affect tuition, Feb. 13 in Kryzsko Commons.

"If state funding isn't covering the cost of higher education, tuition will probably go up, and jobs will be cut. We

might lose some professors, some of the smaller programs might have to be cut," said Sean Gau, Chair of the Senate's public relations committee.

The public relations committee has been designing t-shirts and flyers, to encourage students to attend the regional event and recognize that the state's economic problems directly affect them.

A question and answer session will be held to help students better understand how a poor economy and a potential 17% increase in tuition next year would affect them.

At an open mic session, students will share stories of

See TUITION, page 15

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The Ruckus

a review that loves music almost as much as you do

Ol' man McCartney's got inner youth

By Jack Chandler
Winonan

What keeps a grandpa going? After dedicating years of work and stress to the well being of his family, no one would blame this mortal superhuman for his desire to kick back and enjoy the lemonade (though beer would be more appropriate: most Midwest grandpas rock blue collars).

The luckiest of the self-actualized gaze across their family tree at picnics and holidays, contently assessing the breadth of their role as emperor to the family empire.

They are a great people, grandfathers. And damn if they don't have some pride.

Much like the river-town markets that employ the able

62-year old butcher, The Fireman's third studio album "Electric Arguments" is a post filled by a man with nothing more to prove.

Paul McCartney has sold millions of records and played the world ten times over, yet the Beatles luminary still has the want to create and share his music.

Writing and performing under a secret moniker gives him the freedom to expand outside the confines of his usual piano rock.

Coupled with psych-pop producer Youth, the two form an eclectically conscious duo that often finds song inspiration through organic art and poetry.

Free-form painting and the words of Ginsberg lend themselves to a few of the song titles on "Electric Arguments."

The album was created using the "one song each day" philosophy implemented by Paul and Martin through a series of 13 meetings. Such collaborative efficiency results in The Fireman's best album to date, a sonic mash-up of catchy harmonies and acid trip instrumentals.

On the vintage blues rambler "Nothing Too Much Just Out Of Sight," McCartney growls over a track complete with dueling slide guitars and a fuzzed-out bass line.

Unlike on past Fireman albums, "Strawberries Oceans Ships Forrest" and "Rushes," Paul is reluctant to include vocals with most of the songs, whereas the previous records were mainly instrumental.

McCartney can still sing

pretty well at 66, even if he's playing to the upper and lower register extremes to hide his range.

Double tracking and voice effects are an authentic realization as the greats age, but Paul can still get by just as well as Brian Wilson, Jackson Browne, and Randy Newman, all who released relevant albums this past year.

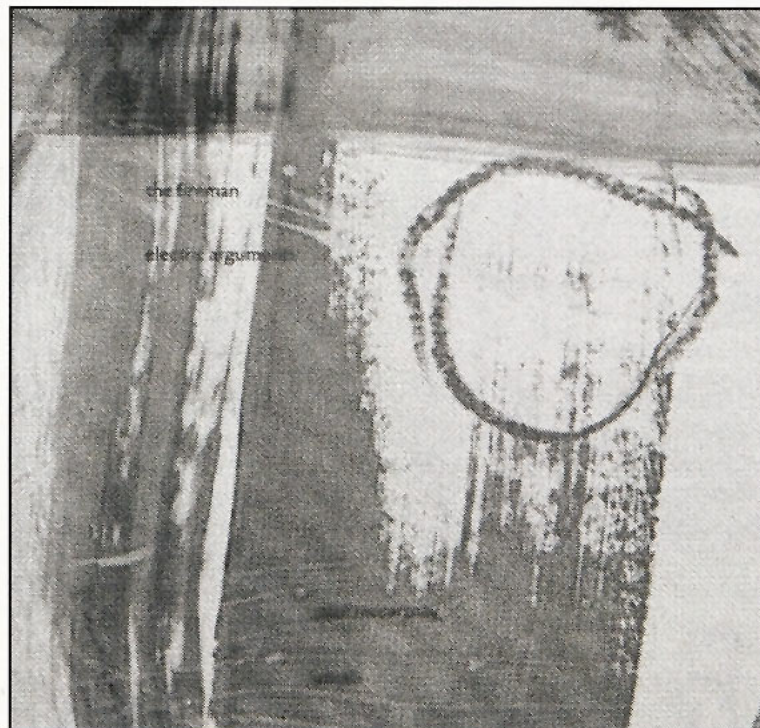
The top-down rocker "Highway" showcases his vocal versatility, pacing through with quick piano and dusty harmonica. Dylan would be proud of the Americana-drenched cut.

Some songs remind of early McCartney solo work.

The charming quality of the lo-fi folk tune "Two Magpies" would be right at home on "McCartney" or "Ram," while "Sing the Changes" has a new-day feel, the type of here and now musical platform McCartney has prided himself in sticking to through the years.

It's a continuation of the Lennon/McCartney songwriting values: revolutionary artists dedicate their art to change. And while the aging often find it difficult to accept reorder on a wide scale, his ideals speak to McCartney's inner youth.

"Dance 'Til We're High" delivers church bells and moving strings, calling attention to lovers who dance themselves into ecstasy. The orchestral arrangement builds throughout to the end of the song, leaving a stirring impression with McCartney's encouragement to "stand out



© ATO Records

with your message."

As he has done in collaboration with U2, Depeche Mode and The Verve, Martin Glover (Youth to the hooligans) brings big-world flavor to "Electric Arguments."

Quaking drums and processed sitars make for some hypnotically engaging beats in the albums closing love suites.

But, these aren't standard McCartney love songs; goofy lyrics and cheesy ballads are kaput.

Instead, the reflective songwriter muses as a 19-year-old mop top, permeating through Celtic flutes and bagpipes.

His voice settles in where it normally shines out, asking the question "Is This Love?"

"Universal Here, Everlasting

Now" packs three of the creepiest sound effects ever recorded into a flowing dance cut, as a whispering British woman, ominous gurgling and a hooting owl expand into a ham-fisted punch of discotheque. It's a fitting title from old man McCartney.

A musical messiah that's always creating, his sound and vision will be everlasting influences for generations to come.

Contact Jack at
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Underbakke: Eastwood's last film not one to end on

Film

Gran Torino

Genre

Action, crime, mystery, drama

Director

Clint Eastwood

Cast

Clint Eastwood, Bee Vang, Ahney Her, Christopher Carley, Brian Haley

MPAA Rating

R

Run Time

116 minutes

Joe's Judgement

C-

By Joe Underbakke
Winonan

Let me start this week's review by saying that there aren't very many surprises when it comes to reviewing movies.

Sure, there will be an outstanding performance that I wasn't expecting or a plot turn that I didn't see coming, but very rarely does that affect my overall opinion of the movie.

I also want to make clear that seeing a bad movie doesn't necessarily mean I'll be disappointed. Example: When I saw "College," I knew what I was getting into, so even though it was terrible, I wasn't disappointed.

This brings me to "Gran Torino," a film directed by and starring Clint Eastwood, who's famous, not only for his outstanding acting career, but for directing renowned films like "Mystic River" and "Million Dollar Baby."

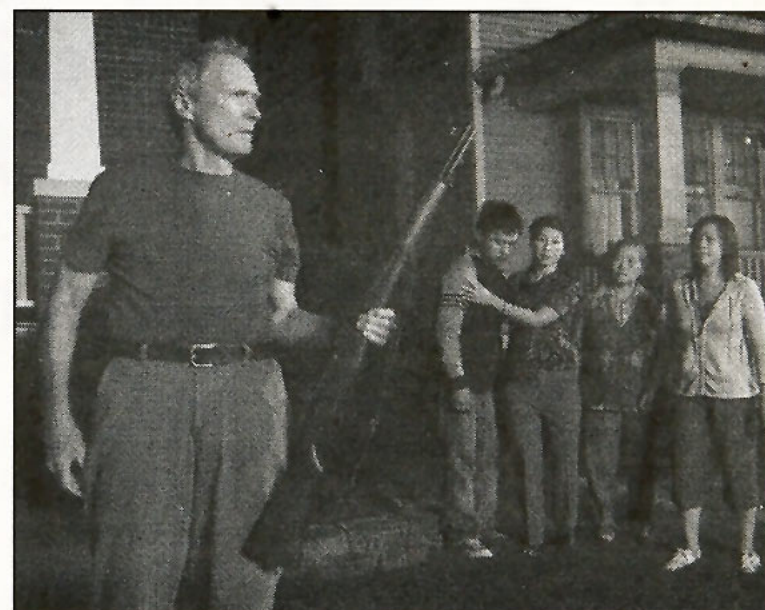
I wasn't overwhelmed excited for "Gran Torino," but I knew Eastwood's reputation for directing solid flicks and that it was (supposedly) his last acting role, so I figured it'd be worth my two hours.

Surprisingly, that wasn't true. "Gran Torino" tells the story of a bitter old man named Walt (Eastwood) who is a veteran of the Korean War.

The events that happened during the war are clearly what shaped his disgruntled, intolerant and, well, borderline racist personality. However, when one of his Hmong neighbors tries to steal his prized 1972 Gran Torino, what other choice does he have than to befriend him?

But wait, it's not that simple! His new Hmong pal, Thao, is kin to the leader of a gang that's been terrorizing Thao and the rest of his family. Oh no, not if Clint has anything to say about it.

If I were Walt, before I did



© Google

Walt Kowalski, (Clint Eastwood), a racist Korean War veteran, is forced to confront his own prejudices when he attempts to set straight a troubled teen Hmong neighbor who attempts to steal his prized Gran Torino as part of a gang initiation.

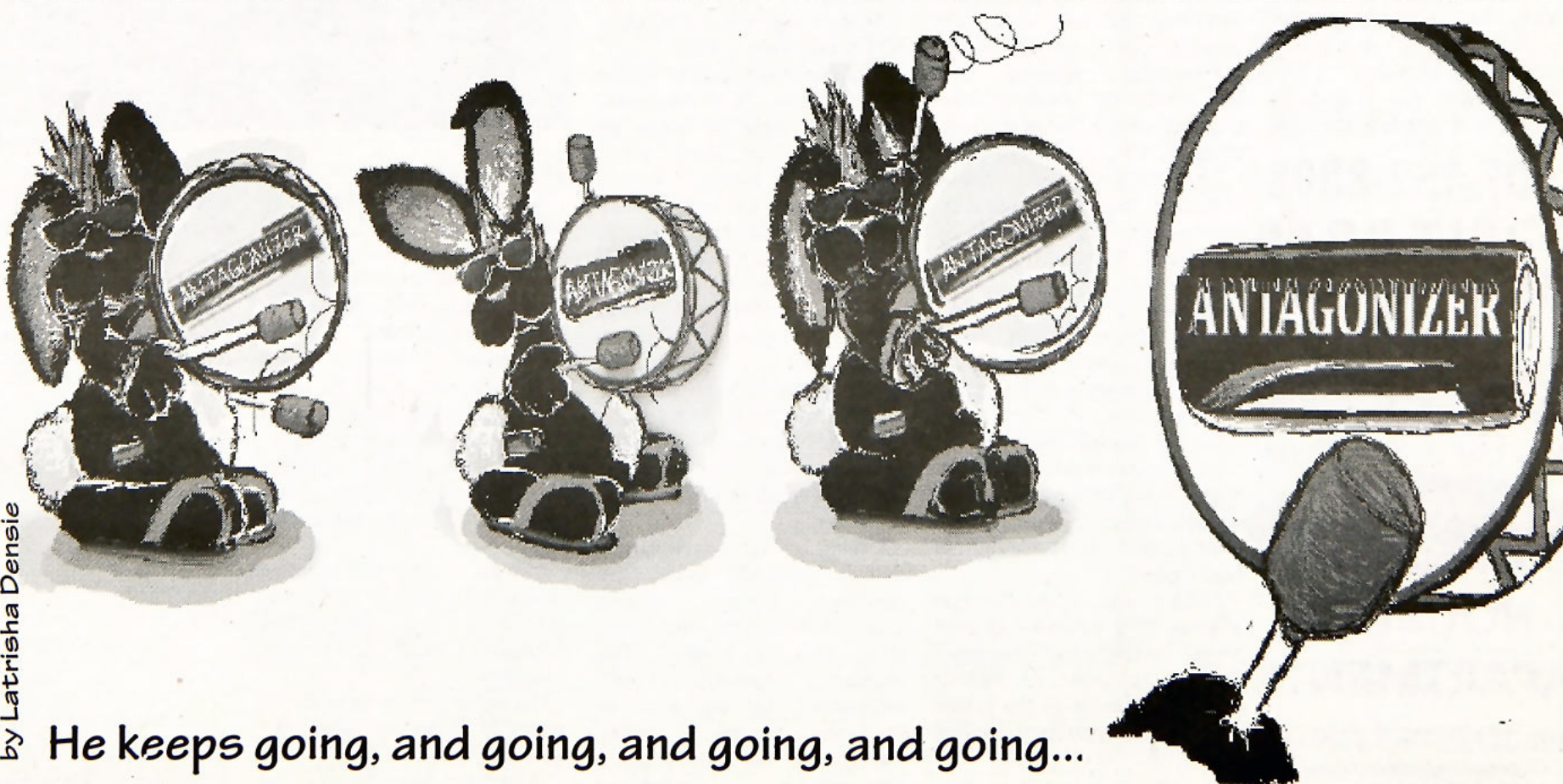
anything to stop the gang from harming Thao, I would have stopped them from ever trying to act... because they can't.

The acting in this movie is one of its biggest downfalls.

See REVIEW, page 14

Lil' Miss Green

by Latrisha Densie



He keeps going, and going, and going, and going...

Dancescape shines spotlight on students, faculty

By Kelly Miller
Winonan

The Winona State Theater and Dance department's Dancescape has been a staple of spring semester for the past 19 years.

Dancescape 2009 will feature a piece entitled "Honor the Water," designed by guest artists from In the Heart of the Beast Puppet and Mask Theatre.

"(The audience is) going to get a lesson on water. It's a good artistic, informative message," said Anna Flores, a sophomore Studio Art major, in regards to the guest choreographer's piece.

Flores herself is a first-time Dancescape performer in "Torn Open," student Silviano Mayorga's dance piece.

Dancescape is a compilation of a variety of dance pieces to showcase the theater and dance students' abilities and talents.

A lot of preparation, hard work and talent go into each and every show, making every performance unique, passionate and exciting.

This year, Dancescape will present the work of seven student choreographers and three faculty members.

This student-run program gives those involved an opportunity to showcase their choreography skills and also



Photo by Fred Schulze/Winonan

Dancescape will take place at 7:30 p.m., Feb. 12, 13 and 14 with an additional matinee at 2 p.m. Feb. 14.

their talents as dancers and even as instructors.

While these students are given the opportunity to display their talent, the public will be given the chance to be exposed to all different kinds of dance and culture.

Megan Thompson is the Associate Director of Dancescape, and she also choreographed a piece for seven students, which is titled "Tracking."

"Dancescape is different every year because each year's concert showcases work by different students, faculty and

guest artists," Thompson said.

Many students on campus see Dancescape as an opportunity to enjoy the theater and dance program's variety of talents.

Laura Williamson, a third year at Winona State University and a first-term nursing student, looks forward to Dancescape every year.

"I've been waiting all year for Dancescape. I've gone to it in the last years and I appreciate how it allows the dancers to showcase their talents and abilities," Williamson said.

Williamson looks forward to Dancescape because it

spotlights a program that she would otherwise know nothing about.

Dancescape gives students and members of the Winona community a unique opportunity to learn something new and gain a new appreciation for the arts.

Dancescape allows participating students to find their own voice, show what they are passionate about and demonstrate why they love what they do.

"Dancescape provides student choreographers the opportunity to show their

work, with full production and support to the Winona community," Thompson said. "It also gives them a chance to take a leadership role and explore and collaborate with their peers."

Other students have the opportunity to learn the dances and perform on stage, while students on the production crew learn the art of lighting design and stage managing," Thompson said.

Performances of Dancescape will be held at 7:30 p.m. Thursday Feb. 12 - Saturday Feb. 14 on the Main Stage of the Performing Arts Center.

An additional matinee performance will be held at 2 p.m. Saturday Feb. 12.

Tickets for Dancescape are \$5 for seniors and Winona State students and \$7 for the public.

For tickets, call the Winona State box office at 507-457-5235 Feb. 4-6 and 9-14. Box-office hours are Monday through Friday, noon to 5 p.m.

On performance dates, the box office is open one hour before each show. For further information, contact the Department of Theatre and Dance at 507-457-5230.

Contact Kelly at
KBMiller4874@winona.edu

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Photo by Rory O'Driscoll/
Winonan

OBRAY

competition the Army has, I hope that I can show a few things. One being that the Reserve is just as capable as the active Army, and that anything is possible if you are willing to put forth the effort," Obay said.

Development, opportunity, and exposure are Obay's key elements to success. He is looking forward to the opportunity to serve overseas with his fellow soldiers.

For the future, Obay believes he has become a more efficient person because he is learning how to manage resources and look around to see what is available to him.

"I am extremely thankful for the sacrifices that are made by our soldiers because I know anytime they put their uniform on, they are going to be away from their family," he said. "They are going to put themselves in harm's way,

and they are going to be asked to do challenging things. I am thankful there is someone doing that for me now."

Contact Molly at
MGolden06@winona.edu

Continued from page 10

REVIEW

Continued from page 12

The supporting cast is nothing short of annoying when it comes to delivering the already-poorly written lines.

*Cue one-minute exchange between Clint and his other Hmong friend, Sue, discussing the intricacies of the 'H' in the word 'Hmong.' *Cue me wincing.*

To be fair, I did read that many of the young Hmong actors in the film were acting for their first time on screen. But, to be fair again, this is exactly why they put first time actors in "Lifetime" movies and low budget commercials.

Despite it being one of the movie's worst elements, all of the blame can't be placed on

the acting.

There were many moments in the script itself that ruined the entire flow of the film.

One of these instances (and by one, I mean many) is anytime Clint Eastwood's character would stop and talk to himself as if it was some kind of aside to the audience.

When he saw something that caused him distress, such as his Hmong neighbors next door having a family function, he would mumble an intolerant remark to himself.

I found this annoying and unnecessary. Every time he grumbled a racial slur to himself I thought it would have worked just as well for him to shift his

eyes and look disappointed.

I don't know a lot about acting, but isn't the point of it to convey emotion without having to announce everything?

With its lackluster acting, questionable scripting decisions and all around feeble attempt at painting a realistic portrait of modern America, unfortunately, all we end up with is a caricature.

Eastwood's performance was good enough but certainly not something I'd want to end a career on.

Contact Joe at
JJUnderb9309@winona.edu

Pop Bloggin'

'Twilight' mania

By Kham Moua
Winonan

A vampire, Edward Cullen, and a high school student, Bella Swan, fall in love.

Along the way they befriend werewolves, Edward saves her multiple times and they encounter and fight other vampires.

Some of you might be thinking to yourselves that this sounds like the greatest novel ever written--vampires and werewolves, instant winner!

Others of you, however, might be thinking that the premises of the novel sounds ridiculous: this is a story about a vampire, a girl, and a werewolf and all of them happen to be high school students--seriously?

I can't say I've ever attempted to open the covers of any of the "Twilight" novels, nor have I ever had the courage to watch the "Twilight" movie, but I can clearly state, without ever giving the series a chance, that I believe that this series is the most over-hyped, overrated piece of mediocrity I've ever encountered.

Perhaps its the hundreds of thousands of bumper stickers that I have seen of Edward Cullen on Facebook or the simple fact that a friend of mine worships the novel similar to how middle-aged housewives everywhere idolize Oprah, but I just cannot stand "Twilight."

For a while, there were bumper stickers flying all over Facebook declaring Edward Cullen's beauty.

He's so pale that he puts albinos to shame; what's not sexy about that?

And in the sunlight, he sparkles! Correction, he glitters.

A pale man who glitters in the sun is resetting the standard of beauty for American men.

I don't know if it's just me, but something sounds amiss.

Maybe it's because I am a guy that I can't understand the reasons behind Edward Cullen's obsessive, cult follower like fans' love for him.

Though it's true that he may embody what most women believe they want: a faithful, talented, beautiful man, he merely follows the same formula every other romantic male lead lives by.

It probably sounds like I dislike Edward... I just want to make it clear... I do.

My reasons might not justify my dislike for his character, but I want to remind you that the entire novel is about a vampire, so rationality shouldn't be equated into my opinion either.

What about the other characters in the novel?

Well, because I am an expert on "Twilight" and only know anything about this series from Wikipedia, trailers to the film and opinions from friends, I will provide commentary on Bella, too.

Bella was just an ordinary outcast at school, until one day she meets a young, beautiful vampire.

From then on, her entire world changed as she obsessively lived for Edward, and that's pretty much all there is to her character.

She clings onto Edward as if she has nothing else in her life.

Does she really not have anything else in her life?

And if he's seventeen forever, does it count as statutory rape when she hits 20? Whatever the case, "Twilight" is full of characters I could care less about and has a plot that sounds completely absurd on paper.

Contact Kham at
KMoua06@winona.edu

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Tunnel rumor under Winona State's campus true

By Rebecca Erdmann
Winonan

Rumors of tunnels under Winona State University have trickled down from class to class for years, but no one can ever seem to find them to confirm their existence.

Well, there are in fact tunnels running under campus, but rather than transporting students, these tunnels are full of pipes carrying steam that is used to heat Winona State's buildings.

The tunnels are about six feet high with narrow walkways, lights and signs to give a sense of direction in relation to buildings on campus.

In spite of these amenities, Scott Kluver, a Chief Power Plant Engineer in Facilities said that as a safety precaution, students are not allowed to use the tunnels to avoid going outside.

"We've had steam leaks in the tunnels, and if we let students down there they might get lost," Kluver said.

The pipes extend from three boilers in the Facilities building across from Main campus and carry steam and hot water to heat the buildings.

Air handler units, essentially large fans, distribute to smaller pipes throughout each building.

The use of steam as a heat source is somewhat unique because it tends to be a heat

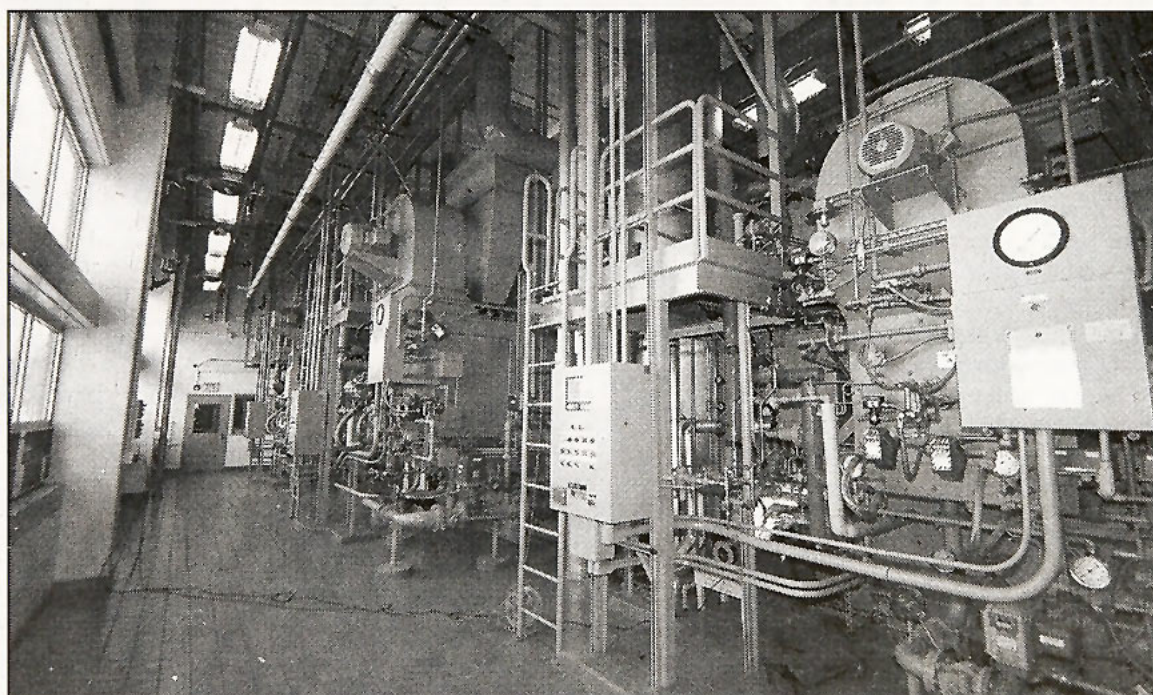


Photo by Nick Furlong/Winonan

The boilers in the Facilities building run on an interruptible supply of gas. Natural gas is burned as the primary fuel source, and a backup supply of oil is kept on hand.

source favored by large establishments.

St. Cloud State University and the University of Minnesota use steam, as do many hospitals.

Having several boilers in a central location is more reliable than having boilers in each building. It also reduces labor costs for the university, because fewer maintenance workers are needed to operate the system.

"We heat a million and a half square feet of buildings with 100 pounds per square inch of steam," Kluver said, and added steam heating is very efficient.

PSI refers to the amount of pressure generated by the steam, which in turn affects the temperature of the steam.

A higher PSI means that there is more heat to be distributed among the buildings.

By law, any establishment with steam pressure higher than 15 PSI must have a licensed boiler engineer on site at all times.

A boiler engineer is only allowed to be a maximum of 500 feet from the boilers for 15 minutes at a time.

Near Kluver's office in the

Facilities building, a computer monitors data such as air pressure and humidity in all of the buildings, to regulate heating.

"Too much humidity affects the instruments in the Performing Arts Center, so every time the guy comes to tune the instruments, he comes here, too," Kluver said.

Sensors in the buildings check the temperature in various spots, and the computer takes the average temperature in a building and regulates the flow of steam.

With just a tap on a keyboard, Kluver can pull up an image of main campus, select a building and a particular floor and see how much heat is getting to that area.

The boilers in the Facilities building run on an interruptible supply of gas. Most of the time, natural gas is burned as the primary fuel source, and a backup supply of oil is kept on hand.

When the demand for natural gas is high, Kluver receives a call from a utilities company, such as Xcel Energy, telling him to switch to oil.

"We usually get about an hour to switch from the gas to oil," Kluver said.

The interruptible supply system is beneficial for the university because they get paid by the utility companies to switch to oil when the demand for natural gas is high.

Although it is seldom heard of and is under-appreciated, the steam heating system helps minimize costs for Winona State.

"\$250 worth of gas can create enough steam to heat the whole campus," Kluver said.

The engineers in Facilities save money and conserve fuel by running the boiler at a temperature as low as possible while still maintaining safety.

Contact Rebecca at
RErdmann06@winona.edu

TUITION

how the lack of funding for higher education has hurt them.

Gau added that this is not supposed to be seen as a protest; the students will simply try to explain why more government aid is needed.

"The squeaky wheel gets the oil, and its time that students became that squeaky wheel, to protect ourselves from having to pay more for school," Gau said.

A wrecked car will be brought

to campus, so students can better appreciate the analogy that Senate is trying to create.

"The smashed car is state spending or tuition, the cut brakes is the lack of government aid and students are behind the wheel," Senator Josh Martin said.

Student Senate is also working on getting local politicians to attend the rally. Martin confirmed that Representative Gene Pelowski

is going to be on campus for the event. Winona State President Judith Ramaley will also attend.

Martin hopes that the event will attract students, and the Art Tye Lounge will be packed.

"Legislators remember which campuses have people show up and which ones don't," Martin said.

Although the "Stop the Crash" rally is the biggest part of Student Senate's campaign against debt, there are other

important events that will be spread throughout the rest of spring semester.

Senate Treasurer Travis Carlson will present a seminar for students, to help explain, through charts and graphs, what is happening to the state's economy, and how it might affect Winona State.

Martin is working on a letter writing campaign; he and another senator will write a letter to state legislators asking

the state to increase aid to public higher education and not raise tuition. Students will be encouraged to sign these letters.

Martin said that even if such letters were thrown away, politicians would remember the number of letters that came into their office.

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Warrior's gymnastics team gets fourth place Saturday

By Chelsea Petron
Winonan

The University of Denver hosted the Warrior's gymnastics team Saturday at the Colorado Club Night. Winona came up with its highest score of the season in placing fourth out of the participating teams.

Alaska Anchorage, Kent State and the host team went up against the Warriors. Winona State came up with a score of 183.350 while the Colorado Pioneers came up with a score of 195.300.

NCAA Division I Kent State Golden Flashes followed right behind with a score of 193.600. The Alaska Seawolves finished a third place victory in the Quad meet with a score of 186.775.

Senior Alexander Nugent had another spectacular performance Saturday leading the Warriors by coming up with the team's high scores in each of the individual events.

Nugent finished up fifth in the all-around completion with a total score of 37.900. She also came up with personal bests on the balance beam, earning her sixth place with a 9.725 and on the vault where she tied for tenth place with a 9.650.

Nugent was 14th on the uneven parallel bars with a score of 9.15 and came up 15th on the floor exercise with a 9.350.

The Warriors biggest competition this season are the Whitewater Warhawks and the La Crosse Eagles, who they have already successfully competed against.

"Our freshmen had a great 'coming-out' meet," Sophomore Katie Goldeman said. "And it was nice to get out of Winona for a couple of days."

The Gershon invite is next on the agenda for the girls in La Crosse on Friday.

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Photo by Rory O'Driscoll/Winonan

Winona State University's Molly Anderson tries to get past an Upper Iowa University defender during Saturday's game at McCown Gymnasium in Winona. The Warriors beat the Peacocks 83-62.

Warrior's track team breaks records Saturday

By Chelsea Petron
Winonan

The Winona State Warrior's track and field team took on the Mankato Mavericks in the MSU Open on Saturday.

Freshmen Caitlin Dhein broke the Warrior indoor 60-meter dash record with a time of 07.88 seconds, which is .05 seconds better than the previous Winona State record for the event.

"Being a freshman on the team can be very intimidating, but thanks to my coach and

teammates, I've learned to focus more on what I need to be doing to prepare instead of worrying all of the time," Dhein said. "I'll need to critique my start and be a little more explosive out of the blocks. I always look for ways on improving my technique."

Sophomore Rebecca Stier took a first place for Winona State when she won the weight throw with a distance of 53-3 3/4.

"The meet went really well,"

SEE TRACK, page 18

Women's basketball team moving up in the rankings

By Adam Stanek
Winonan

The Winona State women's basketball team did something that it hasn't done since their inception into the National Collegiate Athletic Association.

The Warriors came into it's game against the Upper Iowa Peacocks with the No. 7 ranking

in the first central region poll.

"We could possibly play for a #3 seed," said Winona State head coach Scott Ballard. "However, if we fall on our face, we could struggle to get into the NSIC tournament."

Winona State would have to be in the top eight by the end of the season to qualify for the NCAA tournament, a feat that

has yet to be accomplished by the women's team.

However, since Ballard took over five years ago, he's turned the program into a regional power.

"I'd say this time of year, you need to improve on consistency," said Ballard

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Men's basketball wins big against Upper Iowa

**By Adam Stanek
Winonan**

The Winona State men's basketball team hosted a red-hot Northern Sun Intercollegiate Conference rival Upper Iowa Peacocks basketball team last Saturday in McCown Gymnasium.

However, the Warriors were the team that was on fire.

Winona State (14-5 overall, 10-3 NSIC) stifled Upper Iowa (4-16 overall, 3-10 NSIC) in a little contested effort, winning 101-53.

The Peacocks, who have struggled all season, got back-to-back victories against Minnesota-Crookston and Minnesota State-Moorhead the weekend before.

Upper Iowa hoped to come in to McCown Gymnasium with a lot of confidence but left with a sour taste of defeat.

"Our focus was to play to the best of our abilities. With that being said, Upper Iowa was playing well," said Winona State point guard Travis Whipple. "We wanted to come out right away and make a statement."

Winona State controlled the game right out of the gate as David Johnson lit up the scoreboard in the early going.

Johnson scored Winona State's first 14 points as he dropped four three-point shots and knocked down two free throws in the first 3:25 of the half to help Winona State get out to a 14-5 lead.

The Warriors continued to expand upon the lead with some extremely hot shooting in the first half from the entire team.

Winona State shot 19-of-25 for 76 percent in the first half, including 9-of-10 from three-point range.

"I think a big focus for us is setting good screens, getting people open and passing the ball to get people open," said

Whipple. "We got open looks and when the ball starts falling I think that really helps with our confidence."

Johnson scored 19 points in the first half to lead the Warriors into halftime with a 59-35 lead.

Freshman guard Max Hintz also added 12 points coming off the bench and Whipple threw in 11 points along with them.

Winona State continued to dominate in the second half, as the bench players for the Warriors were able to expand the lead.

The Warriors still shot extremely well in the second half, at 16-of-28 from the field for 57 percent.

However, it was the lockdown defense that kept the Warriors expanding on the lead.

Winona State held the Peacocks to only 7-of-30 shooting.

On top of holding Upper Iowa to only 23 percent shooting, the Warriors took advantage of the turnover game.

The Peacocks turned the ball over 16 times in the game, and the lack of scoring allowed for only eight assists.

Meanwhile, the Warriors were extremely productive in their floor game, dishing out 23 assists while only turning the ball over 11 times.

Winona State dominated the second half by outscoring the Peacocks 42-18.

By the end of the night, Johnson led all scorers with 26 points on 9-of-10 shooting and 5-of-6 from the three-point arc.

Whipple added 19 points on 6-of-8 shooting, 3-for-3 from the three-point arc, with a perfect 4-for-4 from the free throw line and also dished out five assists.

Hintz and Fischer also broke double-figures for Winona State.

Hintz scored 13 points on 4-of-6 shooting, 3-for-5 from the three-point range, and gathered six rebounds.

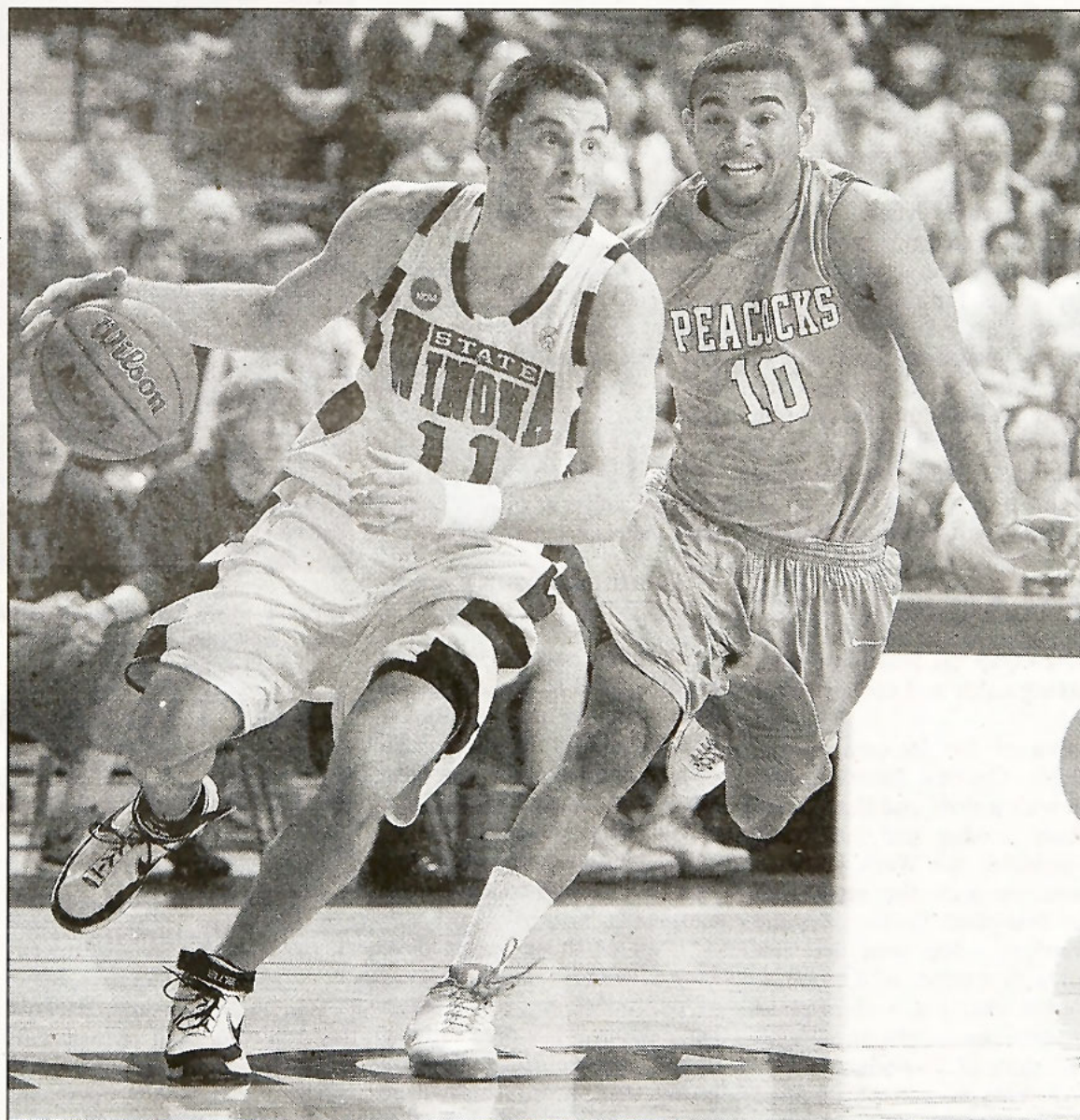


Photo by Rory O'Driscoll/Winonan
Winona State University's Ben Fischer tries to get past Upper Iowa University defender A.J. Adkins during Saturday's game at McCown Gymnasium in Winona. The Warriors beat the Peacocks 101-53.

Fischer was back to his old stat-packing self as he contributed 11 points, seven rebounds, six assists and four steals.

"I think the more balance you have, the harder you are to guard," said Whipple. "It doesn't have to be a big guy that scores and that's going to help your outside shooting."

Although the Warriors won due to having only one game this week, they now have some company atop the NSIC

standings.

Winona State is tied with Southwest Minnesota State atop the standings, both with equal 17-5 records and 10-3 conference records.

Winona State received the No. 3 ranking in the latest Central Region ranking that was released last Wednesday, only behind Northern State and Fort Lewis.

But there was some good news for the Warriors by the end of the night; both Northern

State and Fort Lewis got upset Friday night.

Minnesota State-Moorhead blew out Northern State by a score of 87-63, pleasing many disgruntled Winona State fans.

Fort Lewis also fell at New Mexico Highlands by a score of 93-80.

On top of these two losing, No. 4 ranked Minnesota State-Mankato fell at No. 9 ranked

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BBALL

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Minnesota-Duluth 73-65.

With Winona State being the only team in the top four of the region that didn't lose this week, the Warriors are hopeful they will be No. 1 in this week's regional rankings being released today.

No matter where Winona State is ranked this week, they certainly can't overlook their opponents for these next two games.

The Warriors travel to Aberdeen, S.D. to take on Northern State on Friday night and then head on north to Bismarck, N.D. on Saturday night.

These will be rematches for

Winona State as the Warriors defeated Northern State 85-75 on Jan. 2, while beating Mary 74-51 on Jan. 3.

"It's always a battle with Northern regardless of whether it is here or at Northern," said Whipple. "It is a big game for the conference and regional standings."

The Warriors currently hold an 11-game winning streak against the perennial powerhouse in Aberdeen and will look to keep that streak going.

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TRACK

Continued from page 16

weren't all the healthiest from having colds and such, it went good."

Out of the 16 competitors, Junior Chelsey Brown came up with a first- and third-place finish making her the Track Warrior of the Week. Brown came up with the second of the first-place finishes for the Warriors. She won the shot put with a throw of 43-11 1/4. Brown also got a third-place finish in the weight throw with a distance of 50-3 1/4.

"It feels great that I qualified at the meet," Brown said. "But it feels even better that I keep on improving at any chance of competition."

Sophomore Kale Johnson earned her way to a second-place finish in the high jump at a height of 5-1 1/2.

Freshmen Nicole Drangsveit finished third in the 200-meter dash with a time of 26.74. Junior Jennifer Bradford also earned a third-place finish in the 600-meter dash with a time of 1:40.66.

The biggest competition this year will be Mankato or La Crosse.

"Both of those teams have very talented athletes, and all of our times are very close," Dhien said. "It's nice to have tough competition because in my case, it only makes me faster."

The next meet for the Lady Warriors is the Eastbay/Pointer Invite at Stevens Point on Saturday.

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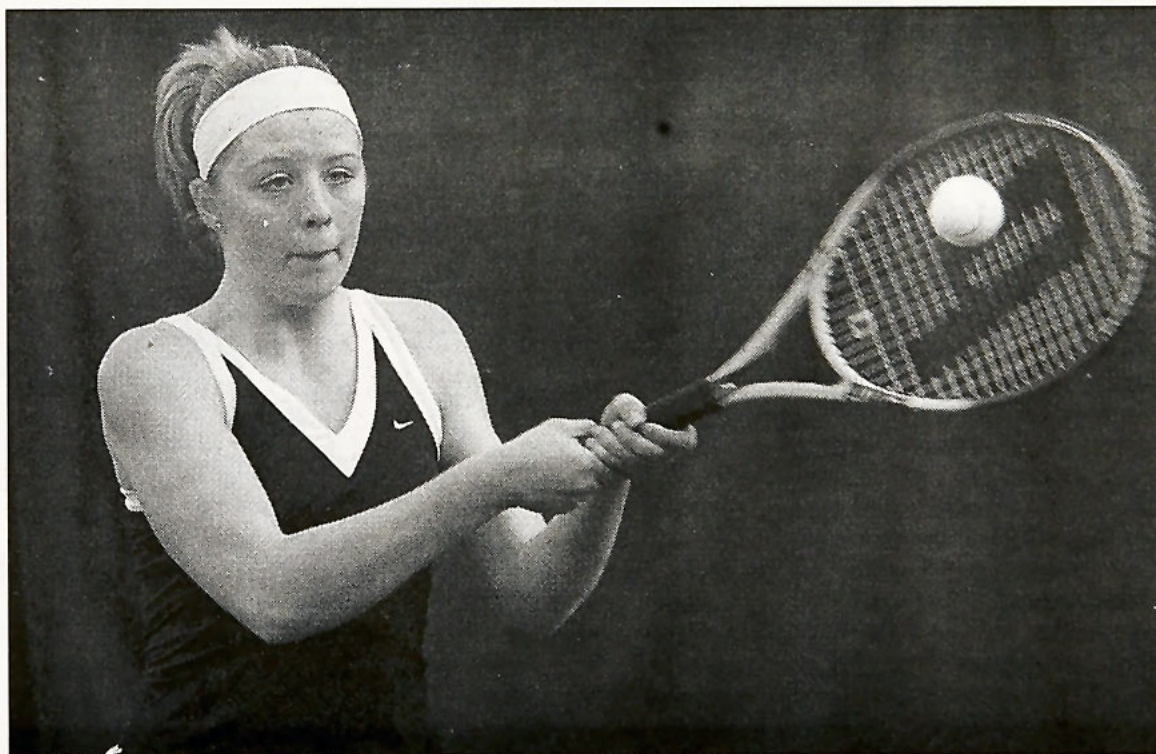


Photo by Rory O'Driscoll/Winonan

Winona State University's Addie Adler returns the ball during Sunday's match against Upper Iowa University.

Warriors women's tennis team kicks off season with double win

By Laura
Faschingbauer
Winonan

Winona State women's tennis team opened their season with a double win Sunday.

The Warriors defeated University of Mary 8-1 and Upper Iowa University 6-3.

Senior Courtney Zinter said the team was excited with the results.

"They went very well. We were a little nervous about Upper Iowa because we lost

to them last year," Zinter said. "We were kind of bummed that we had to play them right away because it was such a good match, but we were really excited we beat them because it was a confidence booster for the team."

Earning four wins for the day were players Amanda Asche and Mary Hesterman. Heather Pierce, Holly Peltier and Erika Richae came away with three wins for the day.

Winning both of their respective No. 2 and No. 3 singles matches were

Hesterman and Asche who, also teamed up to win both No. 2 doubles matches.

Zinter said she thinks it will be a good but tough season.

"We just added some really tough teams to our conference, so it will be a whole new conference this year," she said. "But we hope we play well and can beat some of the tougher teams."

The Warriors will play St. Mary's at 6 p.m. Saturday.

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Photo by Rory O'Driscoll/Winonan

Winona's Jenny Steffen attempts a shot while Upper Iowa's Paige DeVine defends.

WBBALL Cont. from 16

referring to how the team needs to play to make the NCAA tournament. "Play 40 minutes of a whole game instead of 30 minutes."

With the Warriors hosting Northern Sun Intercollegiate Conference rival Upper Iowa last Saturday, they had the chance to show off their

regional muscle.

Despite some early struggles, Winona State (15-5 overall, 8-5 NSIC) plucked the Upper Iowa Peacocks' (5-15 overall, 1-12 NSIC) feathers in an 83-62 rout.

In the early going, the Warriors certainly didn't look like a powerhouse.

They struggled, knocking down open shots and quickly falling behind as they started

out 0-for-10 from the field in an 8-1 deficit with 13:30 to go in the first half.

"I don't think we were flat energy wise. We weren't cutting to the basket and we weren't moving around and we tried to knock down outside shots," said Ballard. "They scored enough to not allow us to get us in transition. I felt like after we subbed Steffen, McDonald and Glander, we

were able to get going."

However, the Warriors quickly worked out the kinks, and developed and took their first lead of the game at the 5:24 mark, going up 24-21 on a three-point shot by Jenny Steffen.

Winona State managed to build upon that lead going into halftime and went in at the break up 37-27.

The Warriors ended the half on a high note as Steffen got a steal in the backcourt and passed the ball to Anna Wurtz for a layup at the buzzer.

After Winona State's 0-for-10 start, they shot 14-for-24 from the field for a 58 percent since the turning point.

The Warrior's defense also managed to get the lead by stifling Peacock shooters.

Winona State held Upper Iowa to 35 percent shooting in the first half.

In the second half, the Warriors continued to shoot a blazing percentage from the field while building upon their lead.

Winona State shot 53 percent in the second half.

The Warriors were able to build as much as a 29-point lead, going up 83-54 with 2:49 to go in the second half.

Upper Iowa managed to end the game on an 8-0 run with the Winona State reserves in but were far too behind to make a

comeback.

As usual, Wurtz led the Warriors, as she scored 19 points on 8-of-16 shooting and 3-of-6 from the three-point arc.

However, Winona State was extremely balanced as four players broke into double-figures.

Steffen added 17 points off the bench, Molly Anderson tossed in 11 points and grabbed 6 rebounds, and Kelsey Homewood scored 10 points.

The Warriors will hit the road next weekend to try and pick up a few conference wins against Northern State and Mary.

"Those two teams are in the top 3 in the league in rebounding. That's always been a challenging thing to stop them on the glass," said Ballard, referring to his keys to getting wins on the road trip. "We need to get to the free throw line more. We need to play fundamentally and we can win anywhere, here or on the road."

If Winona State can sweep the road trip, they just might be able to jump a few more spots in an already tough Central region.

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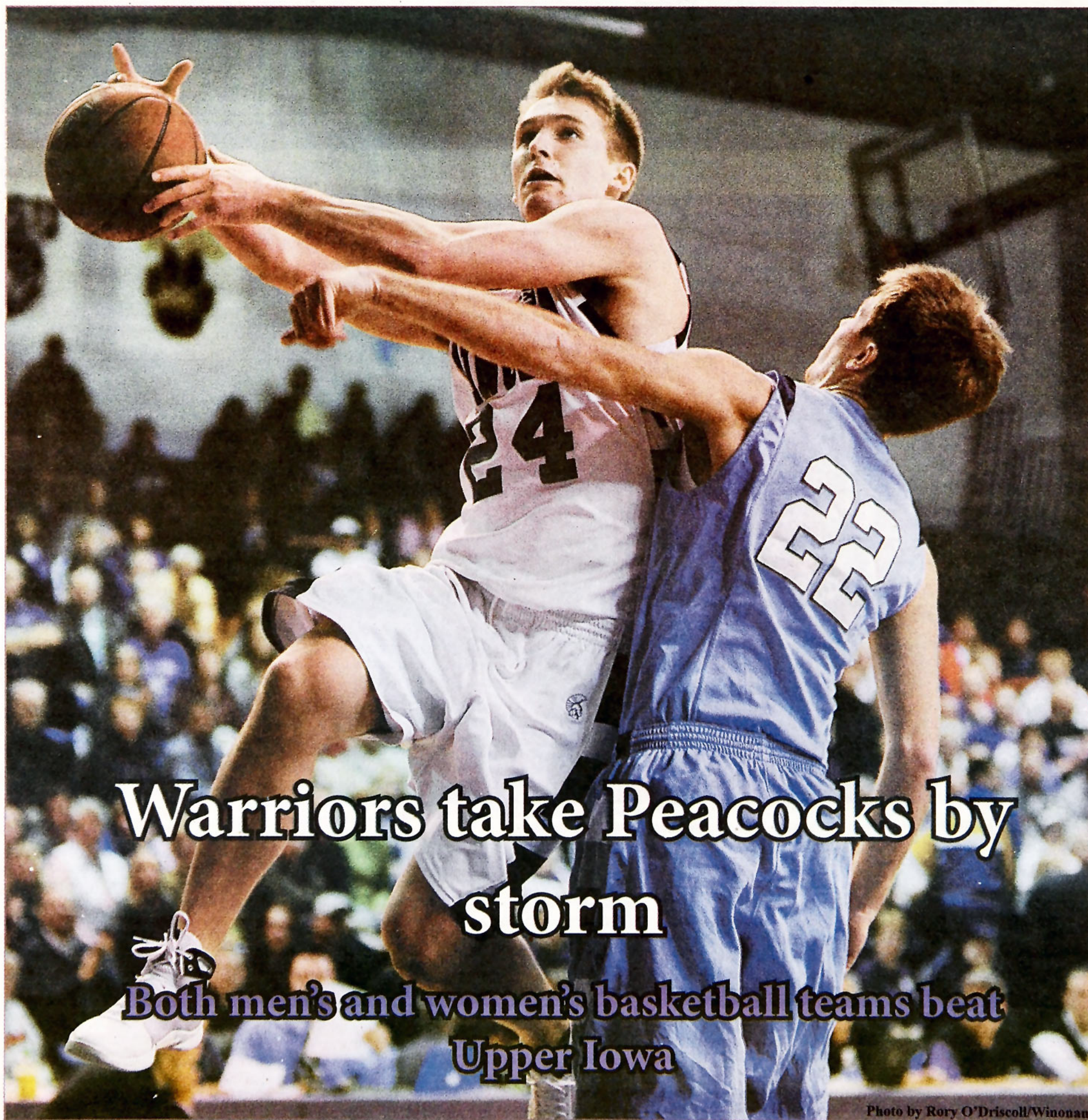
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Warriors take Peacocks by storm

Both men's and women's basketball teams beat Upper Iowa

Photo by Rory O'Driscoll/Winonan